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Review Article

## Ganotherapy

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### ABSTRACT

Ganotherapy is simply consisting of five steps used to explain how ganoderma supports the body which in turn to overcome its health problems by itself. The five steps are Scanning, Detoxification, Regulation, Building and Regenerating. Ganoderma must be consumed according to ganotherapy procedure; this ensures maximum benefits in health and wellness. Ganotherapy is based on consuming ganoderma based products RG/GL i.e. Reishi Gand and Ganocelium which are a 90 days and 18 day sold red mushroom called Ganoderma lucidum. Ganoderma provides wide range of nutraceuticals as it contains at least 400 nutrients. Ganoderma works on body and not on the disease promoting natural immune system helps in balancing the body and in turn the body treats itself for wide range of health problems. Thus ganotherapy takes holistic approach to alternative complementary medicines. The core belief of ganotherapy is "Our body is the best doctor" and "Prevention is better than cure".

**Keywords:** Ganotherapy, Ganoderma lucidum, Red mushroom, Reishi gand, Ganocelium

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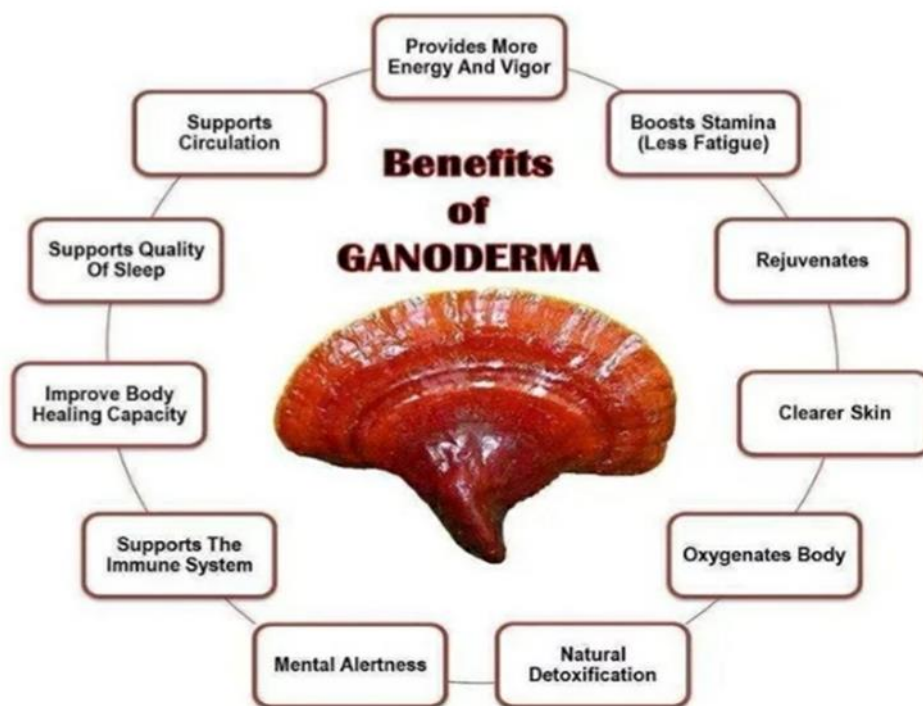
### Introduction

Ganoderma has cell repair and regeneration power, in this way ganoderma can rebuild damaged organs of the body & help to stay healthy so that the body can recover even from serious diseases. Main purpose of taking Ganoderma is that one should be in vibrant health and should not develop any health problems in future. Although ganoderma does not cure the body, it only provides the body with what the body needs, when all the requirements of the body are fulfilled, body can repair by its own. Any person that takes it will get optimum health in this way no diseases should ever touch their body. Ganoderma goes beyond our health, it goes towards spirituality – that's why this herb is called "the herb of immortality" and hence it is worshipped all around the world. <sup>(1)</sup>

#### Health related benefits of Ganoderma

1. Enhance body's natural healing ability.
2. Improve natural immune system.

3. Enhance physical health & stamina.
4. Lowers cholesterol level.
5. Lowers free-fat level
6. Lowers sugar level.
7. Lowers blood lipid level.
8. Prevents growth of abnormal cells.
9. Prevents allergy caused by antigens.
10. Prevents clotting of blood.
11. Stops uncontrollable bleeding.
12. Heals internal & external wounds.
13. Overcomes skin diseases.
14. Beautifies skin.
15. Induces mental calmness.
16. Slows the ageing. <sup>(2)</sup>



### Functioning of Ganoderma

Ganoderma has several active constituents. Its major active constituent are:

- I. Polysaccharides
- II. Triterpenes
- III. Organic germanium
- IV. Adenosine fibres
- V. Ganoderic essence

Various types of polysaccharides that are found in ganoderma have many immune enhancing properties. Beta - D- Glucan is one of the popular polysaccharides present in ganoderma. It raises the level of interferon in the body by stimulating the release of protein from white blood cells. This gives body a better immune resistance.

Polysaccharides also activates the Macrophages and T Killer cells of immune system in the early stage of battle against disease. It makes them aggressive in Phagocytosis and hence neutralizing their toxins.

They also improve the ability of antibiotics to fight against bacteria. The production of antibodies, especially antibody Ig G is improved by polysaccharide extract of ganoderma. Another major class of compound found in ganoderma is Triterpenes. The Triterpenes have adoptogenic, antihypertensive, antiviral and antiallergic effect. <sup>(3)</sup>

### The basic assumptions of Ganotherapy:

- Causes of Health Problems: Ganotherapy believes that there are two reasons for health problems viz.
  - 1) Accumulation of toxins in our body.
  - 2) Unbalanced body function i.e. lack of coordination between functions taking place in the body.
- Is Ganoderma a cure: Another assumption of Ganotherapy is that Ganoderma isn't a cure or treatment for any illness, good health condition or disease. It only helps body to regulate unbalanced body functions, detoxifies body and helps body to improve its self-defense system by improving its immunity against disease.

- Reflection by body to Ganoderma: It believes that all the reactions (reflections) that we see in our body are caused by our body system. The body system reacts to Ganotherapy on its own and Ganoderma itself isn't a reason or cause of reaction.
- Dose regimen of Ganoderma: Ganotherapy assumes that the dosage (quantity of RG/GL) is irrelevant to any disease or health condition, because Ganoderma isn't a cure or treatment but it acts as a health supplement which helps body to improve itself. <sup>(4)</sup>

### Five Stages of Ganotherapy

#### Stage 1 Scanning (1 - 30 days)

In this stage the body cells are scanned for toxins and inactivity. Major defects at cellular level are reported by the way of reflections through the external organs like eyes, nose and ears.

- Mostly diseases are caused by imbalance of body function.
- RG can help in regulating the body functions.
- From the reactions, we can identify the ailing area. It is known as the scanning effect of RG. It contains all the natural elements of **Gano** water soluble, organic and volatile elements. It is just a diagnostic phase which normally occurs within 6 weeks of starting. **Ganotherapy** continues for about 1 - 30 days.

#### Stage 2 Detoxification (CLEANSING) (1 - 30 weeks)

Detoxification is the initial step to healing and healing the body is the first step to a longer life.

- i). During this phase, the unwanted and harmful matters (called the toxins) are removed from the body. The body uses its own natural excretory mechanism, which is activated by **Ganoderma**, and carries out this process. This phase continues for about 5-12 days, depending on the level and quality of toxins.
- ii) Uric acid, excess cholesterol, fat deposits, calcium deposits, and chemicals are toxic for the body. The

detoxification phase helps to remove such toxins from the body.

The toxins are removed from the body through:

- a. Via sweating
- b. The circulation system - (kidneys and liver) & hence discharged from the body through urination & stools.
- c. Through boils, rashes, phlegm and mucus discharge.

In this process of detoxification, water soluble toxins (e.g. sugar, uric acid) are eliminated through urine and sweat. Fat soluble toxins (e.g. cholesterol) are easily disposed off through phlegm. During the detoxification phase sometimes the body feels hot and thirsty. This indicates that the body needs more water to discharge the toxins. Gano by itself is not heat inducing, although sleep and eating times are most important.

When one is healing, the body uses energy to restore itself. If one eats late (after 8 pm) it will use that energy to digest the food instead. The healing process occurs between 11pm-2am, while one is (or should be) in deep sleep. If the body systems are not in "rest" mode at those times, the healing is drastically hampered. When detoxifying for the first time, some may experience a reaction within 3-10 days, while others can have a reaction 2-3 months later. This reaction may not be limited to one experience only. Most people will get some sort of reaction for sure. A light reaction may last up to 2-5 days while a severe may last 7 to 30 days. It is to be understood that improvement of health largely depends on the consumer's own body condition, level of toxins in the body, duration of suffering from any ailment and other lines of treatment one is undergoing. Although one can certainly expect a good overall improvement in health with continuous consumption of Ganoderma over a 12 month period.

### Stage 3 Regulation (1-12 months)

The bio-Chemical and the bio-electric factors of the body are balanced and the organ functions are regulated to utter normal levels.

### Stage 4 Building (6-24 months)

In this phase, all the damaged cells are repaired and reconstructed. The inactive cells are re-activated while the body's natural immune system is activated. It involves the process of building & healing parts of the body that have sustained injuries or damage. Strengthens the immune system, physical strength, and mental calmness, provides more resistance to diseases. Also supplies essential elements to the body, such as minerals and triterpenoid for the recovery of bodily function.

### Stage 5 Regenerating (1-3 years)

It is a continuous process throughout life and during this process our body gains youthfulness. (Oxidation of the cells is prevented and ageing of the cells is delayed) The natural immune system is activated at all levels. It is a process where our body continues functioning at its optimum levels.<sup>(4)</sup>

### Different Types:

- **RG**
- **RG (Reishi Gano):** It is a kind of mushroom essence (ganoderma lucidum) widely

Known as "King of Herbs."

It is useful in:

1. Scanning of diseases

2. Cleansing the toxins
3. Regulating body's normal functions
4. Ensuring the recovery of health
5. Preserving youthfulness

### RG is composed of:

1. Polysaccharide
2. Organic germanium
3. Adenosine
4. Ganoderic essence
5. Protein
6. Fiber

Reishi Gano, it contains almost more than 200 active elements which can be categorised into three categories including 30% of Water-soluble elements, 65% of Organic soluble elements and 5% of volatile elements.

### I. Water Soluble Elements:

#### A. Polysaccharides (THE CLEANSER)

1. They strengthen the natural healing ability of the body.
2. They reduce blood sugar levels and assist functioning of pancreas.
3. They help to cleanse toxic deposits from the body (detoxification).
4. Also strengthen the cell membrane.
5. They increase the oxygen carrying capacity of red blood cells.

#### B. Organic Germanium (THE BALANCER): Partially Soluble;

1. It increases the oxygen content in the body.
2. It regulates the balance of electrical charges in the body (Electrical Charge Balancer).
3. Also removes abnormal electrical charges found around abscess cells.

### II. Organic Soluble Elements:

#### A. Adenosine (THE REGULATOR)

1. It lowers cholesterol level in the blood and the amount of free fat.
2. Lowers the level of blood lipid and stabilizes red cell membrane.
3. It can lower the level of platelets agglutination and thus enhance thrombolysis.
4. It improves the function of the cortex of the adrenal glands to maintain the endocrine balance.
5. It regulates the metabolism for a youthful and energetic feeling.
6. It also balances the pH of the blood.

#### B. Triterpenoids (THE BUILDER)

1. They are bitter in taste.
2. They enhance the activity of the digestive system.
3. It prevents allergy caused by antigens because it inhibits the histamine-releasing mast cells.
4. They reduce cholesterol and neutral fat in the body.
5. They activate the nucleus of body cells.

### III. Volatile Element:

#### A. Ganoderic Essence (The Regenerator)

1. It can overcome skin diseases.
2. Used for beautification of skin.
3. It can be used for external application on skin diseases, mouth ulcer and external wounds.
4. It rejuvenates the body tissue.

#### Effects of RG:

##### A. Scanning (1-30 days)

1. All the diseases are caused by imbalance of body function.
2. RG can help to regulate the body functions.
  3. From the reaction that occurs we can identify the ailing area. It is known as scanning effect of RG.
  4. RG contains all the natural elements of Gano i.e. water soluble, organic soluble and volatile elements.

##### B. Cleansing - Detoxification (1 - 30 weeks)

1. Uric acid, excess of cholesterol, fat deposits, calcium deposits, bad tissue and chemical accumulation are the toxins present in our body.
2. The toxins are removed from our body by:
  - a. Through sweating
  - b. By the circulation system - (kidney & liver) and later on discharged from the body through urination and stool.
  - c. Also by boils, rashes, phlegm and mucus discharge.

During detoxification sometimes the body feels heated and thirsty it is the sign that the body needs more water to discharge away the toxin.

##### C. Regulating (1 - 12 months):

1. It gives balancing effect to regulate the body function
2. Various reactions can be observed during regulation. This is a sign that the body is healing itself and one should not worry about it.
3. However, one should continue to consume Reishi Gano.
4. If the reaction is too vigorous, one should reduce the dosage.
5. After the reaction, one should resume normal dosage.
6. The reaction may come back, still one should proceed with the dosage.

##### D. Building (6 - 24 Months):

1. It involves process of building and healing body parts that have sustained injuries or damage.
2. It strengthens the immune system, physical strength and mental calmness, more resistance to diseases.
3. Supplying essential elements to the body, such as minerals and triterpenoid for the recovery of normal bodily functions.

##### E. Regenerating (1 - 3 years):

1. This is the ultimate aim to consume RG.

2. It is the process whereby our body functions at its optimum level which is actually a rejuvenating effect (restore youthful appearance, strength and peace of mind). (5)

#### ➤ GL (Ganocelium)

GL "Ganocelium" is actually the mycelium of *Ganoderma lucidum*. It provides a whole spectrum of vitamins and minerals to our body. It also serves as an Oxygen supplier to the body.

#### GL is composed of:

1. Polysaccharide
2. Organic germanium
3. A whole spectrum of vitamins
4. A whole spectrum of minerals

The actual content of polysaccharide and organic germanium in ganocelium is four times more than that of *Ganoderma*.

#### Strength of GL:

1. Strengthen the body resistance
2. Cleanse the toxins out of the body
3. Provide full range of vitamins and minerals to the body.
4. Helps in the maintenance of a healthy gastric and renal system.

#### Functions of Polysaccharide

1. Helps in stabilization and strengthening of the body's resistance system.
2. Also reduces sugar levels in the blood and revives the pancreatic function.
3. It prevents the destruction of cell tissues.
4. It discharges water soluble toxins.

#### Functions of Organic Germanium:

1. It increases oxygen supply to the blood system.
2. It revives cell tissues by increasing the oxygen supply to the body's organs.
3. It relieves fatigue
4. It cleanses the blood system.
5. It strengthens the circulation of the blood supply.
6. It increases the body's rate of metabolism.
7. It stabilizes the blood pressure.
8. It stabilizes the electric function in the body.
9. It helps patients to recover from stroke.
10. It prevents numbness in the hands and legs.
11. It eliminates water soluble toxins.<sup>(5)</sup>

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